

New Wellness Series

Beginning February 10th!

Classes will meet on Thursdays, 1pm – 2pm. Registration is required in advance at the front desk. All six classes are \$30 for the series, or pick and choose your topics at \$7 per class.

Santa Clara seniors: only \$25 for the series or \$5 per class.

We hope you will join us for the latest information, interesting discussion, and some good fun while we're learning.

Pre-Diabetes– 2/10

An estimated 57 million people had pre-diabetes in 2007. Learn what pre-diabetes is and how to prevent it.

Instructor: Mallory von Kugelgen, RN, PHN.

Hypertension– 2/17

Join us to find out what you can do to make sure your blood pressure numbers remain in the healthy range.

Instructor: Mallory von Kugelgen, RN, PHN.

Get Out, Get Happy– 2/24

Come discover how having fun and staying connected socially can improve your health.

Instructor: Jodie Sugiyama, RNP.

Falls Prevention– 3/3

This class will cover three main areas of fall prevention and focus on types of exercise to help prevent falls.

Instructor: Jodie Sugiyama, RNP, and Renee Furtado, RTC, CTRS.

Housing & Levels of Care– 3/10

Learn about different housing options for seniors, and different “levels of care” available. Instructors: Dawn Ngo, MA Care Manager and Susan Bates, Resource Specialist.

Making Your Wishes Known– 3/17

Join us as we discuss making choices about the final stage of life.

Instructors: Jodie Sugiyama, RNP., Dawn Ngo, MA Care Manager

Santa Clara Senior Center
1303 Fremont Street, Santa Clara, CA 95050
(408) 615-3170

